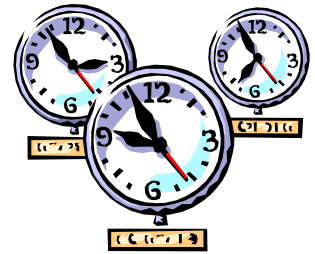


MOVE!



Activities to Fit Your Lifestyle

A common problem is not having enough time to be more physically activity everyday. Think of simple ways that being more active can be a part of your daily routine and try them out. Here are some activity tips to get you started today:

- Walk or ride a bicycle for transportation
- Take the stairs instead of the elevator
- Park at the far end of the parking lot and walk to your destination
- Mow the grass and rake the leaves
- Get off the bus one stop early and walk the rest of the way
- If you play golf walk every hole
- Dance at every opportunity you have
- Walk the dog
- Take a brisk walk while you are shopping at the mall
- On work breaks take a 5-10 minute walk
- Wash your car
- Vacuum or sweep the floor often
- Get up and walk to change the TV channel, don't use the remote
- Step in place during TV commercials
- Walk down the hall to talk to a coworker instead of using the telephone or sending an email
- Stretch while watching TV or do chair exercises
- Stand up and step in place while using the telephone



HAVE FUN & GET FIT with MOVE!

